

Swimming

American Red Cross Guard Start, Lifeguarding Tomorrow Sponsored by the Nashua Park and Recreation Department

This American Red Cross training program gives motivated 11-14 year-olds a successful jumpstart into lifeguarding. Guard Start covers these five critical areas:

- Prevention—teaches how to prevent drowning and diving accidents
- Fitness—develops swimming skills and general physical ability for lifeguarding responsibilities
- Response—develops an understanding of the basics of emergency response techniques and provides practice of lifeguarding skills
- Leadership—teaches the decision-making and communication skills necessary to succeed as a lifeguard
- Professionalism—instructs participants in key skills and attitudes for the important and vital job of lifeguarding

Prerequisites:

- 11-14 years old
- Interest in becoming a skilled and capable lifeguard
- Swim test: 25 yards front crawl, underwater swim, tread water 1 minute



Upon completion of course, participants will have a basic understanding of the skills needed to be a professional rescuer and be more prepared to train as an American Red Cross lifeguard at 15 years old.

Instructors:

Nashua Park and Recreation Department Instructors
American Red Cross certified Water Safety Instructors
American Red Cross certified Lifeguard Training Instructor

Cost: \$20

Registration: Mail in your registration now or come to the Park-Recreation office in Greeley Park Monday-Friday between 8-5 to register in person. Contact Jenn Burnett, Pool Coordinator, at 589-3370 with questions.

